



A Comparative Study of Depression Level of Students Activate in Sports and not Activate in Sports

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1. Introduction

Depression has been proved as an epidemic in today's world. Since ancient time, there is a mention of this disease. Anyone can affect by this diseases. About 3 to 4% of population of world gets affected by this disease. In a survey conducted in India, it is said that 4% of population gets affected by this disease Psychologists have divided main reasons for depression into 3 different categories 1) hereditary or genetic 2) psychological 3) social. A popular psychologist Coleman has rightly said that today's world is world of depression and anxiety Anyone can affected by this disease for example American president Abraham Lincoln and during second world war churchil were also become prey of this disease called depression and also notorious Hitler after a defeat in war became depressed and then he committed a suicide, thus anyone can get affected by deression

2. Problem of study

The presented study's problem is to know- A comparative study of Depression Level of Students Activate in sports and not Activate in sports

3. Purpose of the study

Purpose of this study is to know the level depression between college students taking parts in sports and not taking part in sports activities.

4. Tools and Method of study

For study purpose depression scale which has been prepared by Dr. A.D. Sisodiya has been used. Researcher has used survey method .Through this scale, statistical information of study problem has been collected.

5. Sample of Study

In this study, a work has been done on 30 samples. Fifteen youths are selected who are taking parts in sports activities and fifteen youths are selected who are not taking parts in sports activities. Students activate in sports are divided in group-A and the students not activate in sports are in group-B.

6. Statistical Method

Keeping in mind the purpose of the study after collecting the data for statistical analysis mean, standard deviation and t value are calculated.

Table -1

Group	N	X	SD	T value	Level of Sig.
Group-A	15	53.33	17.25	2.50	0.05
Group-B	15	33.33	27.61		

7. Result

By this study's result, it can be said that there is a difference of level of depression between college youths, who are taking parts in sports and the youths, who are not taking parts in sports.

8. Discussion of Result

From the above result it can be said that there is a higher level of depression in group B than in Group A. Group A youths were physically and mentally stable than Group B. Group A youths were actively taking part in sports activities, so they were more mentally and physically stable and they having a positive attitude towards sports and fitness. Because of this they were living a very happy and cheerful life. The depression level was low compared to group B.

Group A was taking parts in sports activities and because of this their ability for social development, disciplinary life, taking challenge, doing work with enthusiasm was improved. There was a higher level of depression in Group B than Group A.

9. Suggestion of the study

- By taking active participation in sports activities, there is a benefit of physical and mental peacefulness.
- By taking parts in this field, level of depression can be decreased and mind always inclines towards positive and gainful thoughts. Thus there is a definite benefit.
- If there are any problems in youths' lives there should be efficient steps to prevent problem becoming depression and yoga can help in this regard.
- By taking parts in sports activities, there is an exercise both to mind and body. So in other words it works like a new life.
- By remaining in sports activities, country can take pride and also one's self gets developed.

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